

Skillet Taco Casserole

Makes: 6 Servings

Tasty and easy to prepare. Mix in corn squares cereal, beans, tomatoes, corn, garlic powder, and other spices.

Ingredients

- 1 pound** lean ground beef (or use ground turkey instead)
- 2 cups** corn squares cereal (crushed)
- 1 cup** low-sodium kidney beans (drained)
- 1 can** low-sodium tomato sauce (about 15 ounces)
- 1 3/4 cups** fresh tomatoes (or 1 can, about 15 ounces, low-sodium diced tomatoes, undrained)
- 1 cup** corn, low-sodium (canned, drained)
- 1 tablespoon** chili powder
- 1/2 teaspoon** garlic powder
- 1/4 teaspoon** black pepper
- 1/2 cup** reduced-fat cheddar cheese (shredded)

Directions

1. In large skillet, cook ground beef until brown. Drain off fat.
2. Stir in corn squares cereal, beans, tomato sauce, tomatoes, corn, chili powder, garlic powder, and pepper. Bring to a boil. Reduce heat and cook, stirring frequently, for 5 minutes.
3. Remove from heat. Sprinkle with cheese. Let stand, covered, for 10 minutes or until cheese is melted.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	370	
Total Fat	16 g	
Protein	25 g	
Carbohydrates	34 g	
Dietary Fiber	5 g	
Saturated Fat	7 g	
Sodium	310 mg	